



# truehealth



*The New Fibergy Plus &  
Digestive Enzyme*

**Giving your  
digestive health**

*the care it needs*

*USANA Digestion Products*  
**The Foundation of  
True Health**

*Check out what Distributors  
have to say about  
the new **Digestion Products!***

Did you know?

Diets rich in fiber may reduce the risk of heart disease



Autoship Price:

**RM99** 18SVP

Wholesale Price: RM110.00

Suggested Retail Price: RM132.00

### The Shakedown on Fibergy Plus (#226)

Cholesterol-free and high in fiber, Fibergy Plus can be mixed with juice, water, or even Nutrimeal shakes

- All-natural
- Provides 10-12 grams of fiber per serving
- Gluten-free, dairy-free, soy-free, sugar-free & cholesterol-free
- Promotes good digestive health
- Contains natural ingredients

**Giving your digestive health the care it needs**

### Fiber is fantastic

A diet high in fiber can help you maintain a healthy digestive system and long-term good health, which is why health-conscious people like us are always looking for an easy way to sneak a little more fiber into our diets. Fibergy Plus is a great solution! It's a flavourless blend that provides you the fiber you need daily!

# The importance of Digestive Enzyme

Although raw foods contain an abundance of enzymes, which may play an important role in human health, how many of us actually eat raw foods on a daily basis? Supplementing with Digestive Enzyme can maintain healthy levels of enzymes for optimal efficiency. Its function is to support complete digestion and absorption of macronutrients. The addition of spirulina helps support the body's natural process for eliminating toxins.



Did you know?

Without optimal functioning of enzymes, good digestive health may be impaired



Autoship Price:

**RM99** 21SVP

Wholesale Price: RM110.00

Suggested Retail Price: RM132.00

## Digestive Enzyme (#111)

- Supplies enzymes to support normal digestion and optimal nutrient absorption
- Support body's natural detoxification processes
- Lactase assists in the digestion of foods containing lactose

# The Foundation of True Health

Digestive health lies at the core of our overall health. A healthy digestive system helps our body to efficiently break down many of the nutrients we consume into forms that are easily absorbed, maximizing the benefits of vitamins, minerals and antioxidants, defending against nutritional deficiencies. Healthy digestion is also important for normal bowel regularity – another critical component of good health.

## USANA Digestion Products Supplements for all aspects of your digestive health

The USANA Digestive Health Products work hand-in-hand to build the healthy digestive system.



### DEFENSE

Keeping immune system healthy by balancing our intestinal flora

### DISINTEGRATE

Converting food into a form our bodies can use for nourishment and energy

### ELIMINATE

Promote regularity to remove toxins from the body

#### Benefits of Probiotic:

Assist digestion throughout the small and large intestines, helping to break down food particles even further and helping the body absorb more key nutrients. It also works to restore the balance of good bacteria in the stomach and promote sound immune function.



#### PROBIOTIC

- Friendly bacteria promotes healthy digestion
- Promotes sound immune function
- The bacterial strains were carefully selected to survive the harsh environment of the stomach to ensure effective colonization of the GI tract
- Live and active cultures
- Guaranteed to remain effective for at least 18 months when stored at room temperature

Recommended Intake: One stick pack every 1 – 2 days.

#### Benefits of Digestive Enzyme:

Digestive Enzyme helps make your digestion more efficient, so you receive more nutrients from the food that you eat. The Chlorophyll from the Spirulina may also bond with certain toxins you have ingested, supporting natural mechanisms for moving them out of the body.



#### DIGESTIVE ENZYME

- Supplies supplemental enzymes that support the breakdown of dietary carbohydrates (including sugars and starches), fats, and proteins
- Encourages more complete digestion and absorption of nutrients
- Chlorophyll from Spirulina supports the body's natural processes for eliminating toxins from the body
- Helps relieve occasional upset stomach, indigestion, heartburn, gas, and bloating after eating a large meal

Recommended Intake: One tablet before meal or as needed.

#### Benefits of Fibre:

Once food has been broken down, unused particles must be eliminated. Fibre helps sweep the wastes and toxins from your digestive system. It also serves to keep your colon healthy, promote healthy bacteria growth, and promote regularity. Intake of Fibre may reduce the risk of Heart Disease.



#### FIBERGY PLUS

- A flavourless fibre blend that you add to juice or NutriMeal™ and is naturally a low-calorie option
- Contains 12 grams of dietary fiber per serving
- Gluten-free, dairy-free, soy-free, sugar-free and cholesterol-free
- Fibre helps promotes good digestive health
- Natural ingredients

Recommended Intake: Two servings a day.

For optimal Digestive Health, we recommend to add Probiotic, Digestive Enzyme and Fibergy Plus into your daily healthcare regimen.

# Check out what our Distributors have to say about the new Digestion Products!



**Chan Mei Leng**  
Gold Director

In the past few months, I was so caught up with house chores and taking care of my family that I hardly had enough sleep each day. I became very grumpy and experienced breakouts on my face. When I was told that Fibergy Plus, Digestive Enzyme and Probiotic could help with my digestive system and overall health, I gave it a try. Ever since then, my bowel regularity and skin complexion have both improved. I have more energy to take care of my family and build my USANA business now!

**Che Kamilah**  
Achiever



I used to have irregular bowel movements and constipation problems, then I started taking USANA Digestive Products especially Fibergy Plus for my constipation. I added Fibergy Plus into USANA's Chocolate Nutrimeal to get a tastier and more nutritional result. And guess what? I feel so much better now without suffering from constipation! With the combined goodness of Fibergy Plus and Nutrimeal, it also satisfies my hunger easily and helps me stay energised!



**Kenny Tey**  
Gold Director

The frequency of my bowel movements used to exceed normality, causing excessive wastes to be discharged from my body than usual. This condition has really affected the absorption of nutrients in my body. Besides that, I'm very thin and no matter how much I ate, I could not gain any weight. When I started taking the new Digestive Enzyme and Fibergy Plus, I felt much healthier and my bowel movements returned to normal. I also noticed an increase in my weight!

**Darsani Bin Zakaria**  
Builder



A few days after taking the new Fibergy Plus & Digestive Enzyme, I felt a great relief in my stomach especially after a smooth bowel movement. It also gave a healthy texture to my stools and there was less odour than usual. As an active person, I like to work out in the gym, and now I feel more energetic, fit and lighter than before. I trust USANA because it gives me a 'peace of mind' and I have nothing much to worry about my food intake and I can enjoy life more.



**Esther Lai**  
Gold Director

As a busy career mum, I am always on the go. When I eat, I tend to eat too fast but chew too little. As a result, it has delayed the food digestion and its absorption in my body. By taking Digestive Enzyme, the food that I take can now be fully digested in one day in my body. As I travel outstation frequently, I used to suffer from constipation when I was away from home. With the new Fibergy plus, my problem was solved and I totally enjoy the feeling of being light and easy!

**Amy Tan**  
Gold Director



For two weeks, I tried USANA Fibergy Plus, Probiotic and Digestive Enzyme as per labeled. These products helped to reduce the bloating in my stomach, and I also felt less hungry especially in the evening. It is a great way to control our carbohydrate intake and increase our fiber intake while maintaining a healthy gut.

# WIN!

10 Distributors to send in all-correct entries with the most creative slogan will each win a pack of

**USANA Fibergy Plus worth RM132!**



## Add fiber in your diet!

Consuming multiple sources of dietary fiber is important because different types of fiber provide specific benefits and serve unique purposes within the body. The unique formula of Fibergy Plus contains psyllium, which maintains healthy cholesterol levels already in the normal range, as well as inulin, a prebiotic that promotes healthy stimulation of bifidobacteria in the digestive tract.

### Why Fibergy Plus?

The dietary fiber in Fibergy Plus promotes good digestive health, is important to the maintenance of heart health, and aids in normal bowel regularity, which helps move wastes and toxins out of the colon quickly and efficiently. If undigested food material and metabolic waste build up due to slow elimination, they may contribute to other health problems. The high fiber content in Fibergy Plus will also leave you feeling satisfied, making it easy to skip unhealthy snacks throughout the day. Diets high in soluble and insoluble fiber are important for digestive health. Fibergy Plus makes it simple to add the benefits of fiber to your daily diet. It contains 10-12 grams of dietary fiber per serving, and is gluten-free, cholesterol-free, dairy-free, soy-free and sugar-free!

Fill up the coupon below and mail your entry to us!

#### USANA Probiotic Contest

Q1: USANA Fibergy Plus promotes good digestive health, aids in normal bowel regularity, and helps to remove wastes and toxins from the colon efficiently.

True

False

Q2: USANA Fibergy Plus is free of gluten, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

Q3: I take Fibergy Plus daily because (not more than 15 words) \_\_\_\_\_

Name: \_\_\_\_\_ Distributor ID#: \_\_\_\_\_

NRIC No.: \_\_\_\_\_ Contact No.: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

Mail your entry by **10 October 2011** to:

**USANA Fibergy Plus Contest**, UHS Essential Health (M) Sdn Bhd, M.01 & M.02, Menara Axis, No. 2, Jalan 51A/223, 46100 Petaling Jaya, Selangor.

#### Terms & Conditions:

This contest is open to Distributors enrolled in USANA Malaysia only • All entries must be submitted by 10 October 2011 • 10 participants with all correct answers and the most creative slogan will win • Distributors must be in good standing at the time of participation to qualify for the contest • Any late submission after the said date will be forfeited • Only one entry per Distributorship is allowed • Only the original copy of the contest form is valid, and any incomplete entry will be forfeited • Only contest forms submitted via post are accepted • Any entries submitted via registered mail, courier, e-mail, fax, walk-in, or any other forms of submission will be forfeited • Prizes are not transferable or exchangeable for cash or other prizes/products • All winners will be notified by phone call or mail • Winners are required to redeem the prize personally at our USANA Malaysia Office by end of October 2011 • USANA reserves the right to cancel or make any changes to the contest without prior notice • USANA's decision is final.

# Congratulations

to the winners of the **USANA Probiotic Contest!**

Foo See Ling

Kam Poh Lian

Lee Amoy

Low Hoon Lien

Padmarathy Paramasiram

Susan Yuen

Tai Gee Hong

Toh Wen Ying

Yeoh Kar Yen

Wong Kam Yoke



# Keeping your digestive health at top-notch!

**WIN!**  
 10 Distributors to send in all-correct entries with the most creative slogan will each win a bottle of **USANA Digestive Enzyme** worth **RM132!**

It is important to keep our digestive system healthy, and with the new **Digestive Enzyme**, it can help to convert food into a form our body can use for nourishment and energy. It also helps to make digestion more efficient so that you can receive more nutrients from the food you eat!

In addition to promoting healthy digestion, USANA Digestive Enzyme supports the body's natural detoxification processes with the addition of spirulina that contains chlorophyll. Chlorophyll from Spirulina supports the body's natural processes for eliminating toxins from the body.

USANA Digestive Enzyme also helps to relieve occasional upset stomach, indigestion, heartburn, gas, and bloating after eating a large meal. Recommended intake is one tablet before meal or as needed.



Fill up the coupon below and mail your entry to us!

## USANA Digestive Enzyme Contest

Q1: USANA Digestive Enzyme is added with spirulina that contains chlorophyll to support the body's natural processes for eliminating toxins from the body.

True       False

Q2: The recommended intake of Digestive Enzyme is \_\_\_\_ tablet before meal or as needed.

Q3: USANA Digestive Enzyme is good for me because (not more than 15 words) \_\_\_\_\_

Name: \_\_\_\_\_ Distributor ID#: \_\_\_\_\_

NRIC No.: \_\_\_\_\_ Contact No.: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

Mail your entry by **10 October 2011** to:

**USANA Digestive Enzyme Contest**, UHS Essential Health (M) Sdn Bhd, M.01 & M.02, Menara Axis, No. 2, Jalan 51A/223, 46100 Petaling Jaya, Selangor.

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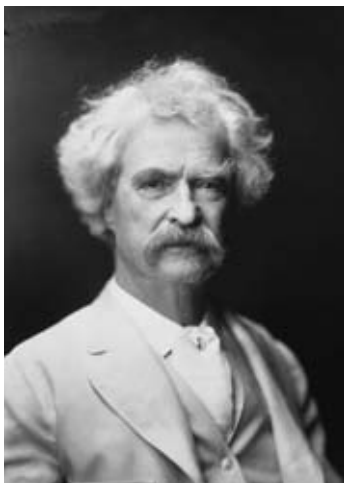
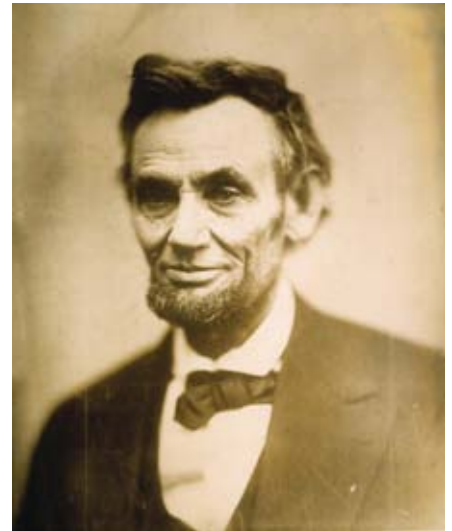
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# Knowledge & Health Go Hand in Hand.

The world's great minds on the importance of healthy digestion...

“  
*D*o not worry; eat three square meals a day; say your prayers; be courteous to your creditors; keep your **digestion** good; exercise; go slow and easy. Maybe there are other things your special case requites to make you happy, but my friend, these I reckon will give you a good life.”

- Abraham Lincoln, 16th U.S. President

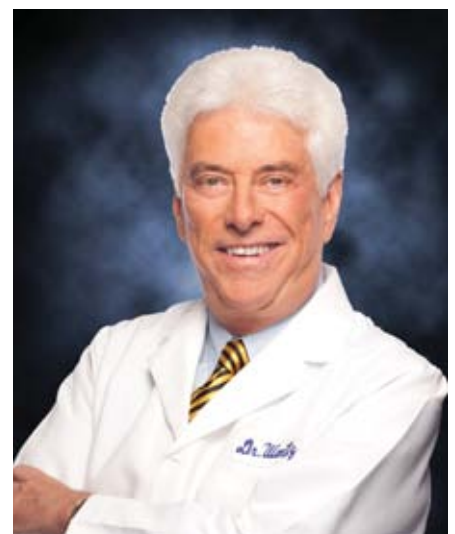


“  
*T*o eat is human, to **digest**, divine.”

- Mark Twain, author and humourist

“  
*W*ithout an efficiently functioning **digestive** system, general health and well-being are impossible.”

- Dr. Myron Wentz, USANA Founder



Take it from those who know:  
A sound digestive system will do wonders for your health.  
Trust in USANA's line of Digestion products.